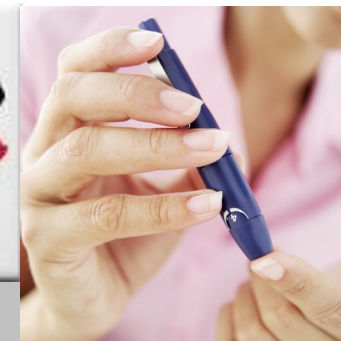


Tulare County Employee Wellness Program

Diabetes Awareness



JUNE 2014 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 <u>Health Video:</u> "Combating & Preventing Diabetes" Kaiser Permanente	5	6
9	10	11	12	13
16	17	18 <u>Webinar:</u> "Eating Your Way to Wellness" Anthem EAP	19	20
23 <u>Onsite Class:</u> "The Basics of Diabetes " Professional Development Center PDC Conference Room	24 <u>Onsite Class:</u> "The Basics of Diabetes " Visalia Gov't Plaza Sierra Room	25	26 <u>Onsite Class:</u> "The Basics of Diabetes " Porterville Gov't Plaza Conference Room D	27
30				

Onsite Class: “The Basics of Diabetes”


Candy Silva, a registered nurse with Kaweah Delta Health Care District, will be providing a class that will explore the following topics within the diabetes scope:

- Understanding Diabetes
- Nutrition for People with Diabetes
- Medications
- Importance of Staying Active
- Staying Well with Diabetes
- Stress, Depression and Diabetes

*An invitation to attend diabetes support groups/Walk With a Doc Program is also included.

Employees with the following risk factors should attend:

- ☐ Family history of diabetes
- ☐ Diagnosed with Diabetes or Pre Diabetes
- ☐ Overweight
- ☐ Score 9 or higher on the CDC Pre Diabetes Screening Test.*

*To take this screening, click on the link: [Pre Diabetes Screening Test](#) 

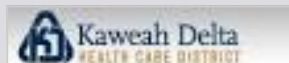
To register, click on the link: <https://www.surveymonkey.com/s/WellnessClass>

Schedule

<u>Date:</u>	<u>Locations:</u>
June 23	Professional Development Center, 4031 W. Noble Ave., Visalia
June 24	Gov’t Plaza North, 5959 S Mooney Blvd, Visalia
June 26	P’ville Gov’t Plaza, 1055 W. Henderson, Porterville

Time:

8:15 AM—9:45 AM



Health Video: “Combating and Preventing Diabetes”

You can prevent or delay the onset of type II diabetes by taking action now. Join Dr. Eileen Kim for a discussion about the risks associated with pre-diabetes and what you can do to keep yourself healthy.

Date: **June 4, 2014**

Video is available for viewing between 8AM-5PM

Click on the link to watch video: [Combating and Preventing Diabetes](#)



Webinar: “Eating Your Way to Wellness”

We always hear about healthy eating habits. But so many recent diet plans have warned us to stay away from certain food groups or remove certain things from our meals. This seminar will help you improve your eating patterns. It focuses on the most recent U.S.D.A. Food Guide Pyramid. It includes tips and resources on how you can eat your way to better and long-lasting health.

Date: **June 18, 2014** Time: **12:00-1:00 PM**

To register, click on the link below:

<https://workplaceoptions.webex.com/workplaceoptions/onstage/g.php?t=a&d=719978050>

After registering you will receive a confirmation email containing information about joining the Webinar.

Anthem® EAP

Recheck Your Numbers for Free!

Employees that participated in the Health Risk Assessments in February are eligible for a “Quick Check” in the month of August. The Quick Check will be performed at a Labcorp location near you and will check your **glucose** and your total cholesterol levels (LDL, HDL and triglycerides).

Employees interested in completing this free service will need to call **1-800-840-6100** to request a packet. The packet will include a list of Labcorp facilities near you and instructions on how to schedule your Quick Check. If you have any questions regarding this process, please call Delta Team Care at 1-800-422-6099.

